



Selected Health Risk Behaviors and Health Outcomes by Race/Ethnicity¹ — National YRBS: 2009

The national Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

Health Risk Behaviors and Health Outcomes	Black Students (%)	Hispanic Students (%)	White Students (%)
A. Black students were LESS likely² than Hispanic and white students to have engaged in these health risk behaviors...			
Drove when drinking alcohol one or more times (in a car or other vehicle during the 30 days before the survey)	6.4 (4.6—9.0) ³	9.4 (8.3—10.7)	10.8 (9.6—12.2)
Bullied on school property (during the 12 months before the survey)	13.7 (11.8—15.8)	18.5 (16.8—20.2)	21.6 (19.9—23.4)
Ever smoked at least one cigarette every day for 30 days	4.3 (3.3—5.4)	8.6 (7.5—9.9)	13.7 (12.0—15.7)
Smoked cigarettes on at least 1 day (during the 30 days before the survey)	9.5 (8.2—11.1)	18.0 (16.0—20.2)	22.5 (20.0—25.2)
Smoked cigarettes on school property on at least 1 day (during the 30 days before the survey)	2.6 (1.8—3.7)	4.8 (4.1—5.6)	5.8 (4.8—6.8)
Used chewing tobacco, snuff, or dip on at least 1 day (during the 30 days before the survey)	3.3 (2.3—4.6)	5.1 (4.1—6.3)	11.9 (9.5—14.6)
Ever had at least one drink of alcohol on at least 1 day (during their life)	67.6 (63.9—71.1)	76.6 (74.4—78.7)	73.8 (70.8—76.6)
Had at least one drink of alcohol on at least 1 day (during the 30 days before the survey)	33.4 (30.5—36.4)	42.9 (40.1—45.8)	44.7 (42.4—47.1)
Had five or more drinks of alcohol in a row within a couple of hours on at least 1 day (during the 30 days before the survey)	13.7 (11.8—16.0)	24.1 (21.7—26.8)	27.8 (25.7—29.9)
Ever used any form of cocaine one or more times (for example, powder, crack, or freebase, during their life)	2.9 (2.0—4.1)	9.4 (8.0—11.0)	6.3 (5.3—7.4)
Ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times (during their life)	8.2 (6.7—10.1)	14.0 (12.1—16.2)	11.5 (10.1—13.1)
Ever used hallucinogenic drugs one or more times (such as LSD, acid, PCP, angel dust, mescaline, or mushrooms during their life)	3.3 (2.4—4.6)	7.9 (6.6—9.5)	9.0 (7.9—10.3)
Ever took prescription drugs one or more times without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, Adderall, Ritalin, or Xanax, during their life)	11.8 (10.2—13.7)	17.2 (14.8—19.8)	23.0 (20.9—25.3)
Ate fruits and vegetables less than five times per day (100% fruit juices, fruit, green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)	73.4 (70.9—75.7)	78.0 (75.8—80.1)	79.5 (77.4—81.4)
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight (without a doctor's advice, during the 30 days before the survey)	3.8 (2.9—4.8)	5.7 (4.9—6.7)	5.2 (4.5—6.0)
B. Black students were MORE likely than Hispanic and white students to have engaged in these health risk behaviors...			
Rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)	92.8 (90.9—94.3)	89.1 (87.0—91.0)	82.3 (77.7—86.1)
In a physical fight one or more times (during the 12 months before the survey)	41.1 (37.7—44.6)	36.2 (34.3—38.1)	27.8 (26.0—29.6)
In a physical fight on school property one or more times (during the 12 months before the survey)	17.4 (15.4—19.4)	13.5 (12.0—15.3)	8.6 (7.5—9.9)

Health Risk Behaviors and Health Outcomes	Black Students (%)	Hispanic Students (%)	White Students (%)
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (during the 12 months before the survey)	14.3 (12.6–16.2)	11.5 (10.6–12.5)	8.0 (7.1–9.1)
Ever had sexual intercourse	65.2 (62.0–68.3)	49.1 (46.0–52.2)	42.0 (37.9–46.3)
Had sexual intercourse for the first time before age 13 years	15.2 (13.1–17.6)	6.7 (5.9–7.7)	3.4 (2.7–4.3)
Had sexual intercourse with four or more persons (during their life)	28.6 (25.5–32.0)	14.2 (12.7–15.9)	10.5 (9.0–12.3)
Had sexual intercourse with at least one person (during the 3 months before the survey)	47.7 (44.2–51.2)	34.6 (32.2–37.0)	32.0 (28.8–35.3)
Drank less than three glasses per day of milk (during the 7 days before the survey)	90.9 (89.2–92.3)	88.4 (87.2–89.4)	83.0 (79.6–85.9)
Drank a can, bottle, or glass of soda or pop at least one time per day (not including diet soda or diet pop, during the 7 days before the survey)	33.7 (30.1–37.6)	28.1 (26.1–30.2)	29.0 (26.3–32.0)
Did not participate in at least 60 minutes of physical activity on any day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	32.1 (29.7–34.5)	23.9 (22.1–25.8)	20.3 (18.4–22.3)
Used computers 3 or more hours per day (played video or computer games or used a computer for something that was not school work on an average school day)	30.4 (28.1–32.9)	25.7 (23.5–28.1)	22.1 (19.6–24.9)
C. White students were LESS likely than black and Hispanic students to have engaged in these health risk behaviors...			
Rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)	92.8 (90.9–94.3)	89.1 (87.0–91.0)	82.3 (77.7–86.1)
Rode with a driver who had been drinking alcohol one or more times (in a car or other vehicle during the 30 days before the survey)	30.0 (27.0–33.2)	34.2 (31.8–36.7)	26.2 (24.1–28.4)
In a physical fight one or more times (during the 12 months before the survey)	41.1 (37.7–44.6)	36.2 (34.3–38.1)	27.8 (26.0–29.6)
Injured in a physical fight one or more times (injuries had to be treated by a doctor or nurse, during the 12 months before the survey)	5.7 (4.6–7.1)	4.7 (3.9–5.6)	2.9 (2.4–3.5)
In a physical fight on school property one or more times (during the 12 months before the survey)	17.4 (15.4–19.4)	13.5 (12.0–15.3)	8.6 (7.5–9.9)
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (during the 12 months before the survey)	14.3 (12.6–16.2)	11.5 (10.6–12.5)	8.0 (7.1–9.1)
Ever physically forced to have sexual intercourse (when they did not want to)	10.0 (8.4–11.8)	8.4 (7.5–9.5)	6.3 (5.3–7.5)
Threatened or injured with a weapon on school property one or more times (for example, a gun, knife, or club during the 12 months before the survey)	9.4 (7.9–11.2)	9.1 (8.0–10.4)	6.4 (5.6–7.4)
Did not go to school because they felt unsafe at school or on their way to or from school on at least 1 day (during the 30 days before the survey)	6.3 (4.9–8.0)	8.1 (6.9–9.4)	3.5 (2.9–4.3)
Attempted suicide one or more times (during the 12 months before the survey)	7.9 (6.5–9.7)	8.1 (7.1–9.3)	5.0 (4.4–5.7)
Ever used marijuana one or more times (during their life)	41.2 (37.7–44.9)	39.9 (37.1–42.8)	35.7 (33.3–38.2)
Drank alcohol for the first time before age 13 years (other than a few sips)	24.9 (23.0–26.8)	27.1 (25.4–28.9)	18.1 (16.2–20.1)
Tried marijuana for the first time before age 13 years	10.2 (8.7–11.9)	10.3 (9.1–11.8)	5.7 (4.8–6.6)
Had at least one drink of alcohol on school property on at least 1 day (during the 30 days before the survey)	5.4 (4.3–6.7)	6.9 (5.6–8.5)	3.3 (2.8–3.9)

Health Risk Behaviors and Health Outcomes	Black Students (%)	Hispanic Students (%)	White Students (%)
Used marijuana on school property one or more times (during the 30 days before the survey)	5.6 (4.5–7.1)	6.5 (5.1–8.2)	3.8 (3.1–4.7)
Ever had sexual intercourse	65.2 (62.0–68.3)	49.1 (46.0–52.2)	42.0 (37.9–46.3)
Had sexual intercourse for the first time before age 13 years	15.2 (13.1–17.6)	6.7 (5.9–7.7)	3.4 (2.7–4.3)
Had sexual intercourse with four or more persons (during their life)	28.6 (25.5–32.0)	14.2 (12.7–15.9)	10.5 (9.0–12.3)
Did not use birth control pills or Depo-Provera before last sexual intercourse to prevent pregnancy (among students who were currently sexually active)	87.1 (84.0–89.6)	86.0 (82.9–88.6)	70.7 (67.2–74.0)
Physically active at least 60 minutes per day on less than 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	82.8 (80.6–84.7)	84.4 (83.0–85.8)	80.3 (78.8–81.6)
Did not participate in at least 60 minutes of physical activity on any day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	32.1 (29.7–34.5)	23.9 (22.1–25.8)	20.3 (18.4–22.3)
Used computers 3 or more hours per day (played video or computer games or used a computer for something that was not school work on an average school day)	30.4 (28.1–32.9)	25.7 (23.5–28.1)	22.1 (19.6–24.9)
Watched television 3 or more hours per day (on an average school day)	55.5 (53.3–57.7)	41.9 (39.0–44.9)	24.8 (22.8–26.9)
Obese (students who were \geq 95 th percentile for body mass index, by age and sex, based on reference data)	15.1 (13.4–17.0)	15.1 (13.5–16.8)	10.3 (8.8–12.0)
D. White students were MORE likely than black and Hispanic students to have engaged in these health risk behaviors...			
Bullied on school property (during the 12 months before the survey)	13.7 (11.8–15.8)	18.5 (16.8–20.2)	21.6 (19.9–23.4)
Ever smoked at least one cigarette every day for 30 days	4.3 (3.3–5.4)	8.6 (7.5–9.9)	13.7 (12.0–15.7)
Smoked cigarettes on at least 1 day (during the 30 days before the survey)	9.5 (8.2–11.1)	18.0 (16.0–20.2)	22.5 (20.0–25.2)
Used chewing tobacco, snuff, or dip on at least 1 day (during the 30 days before the survey)	3.3 (2.3–4.6)	5.1 (4.1–6.3)	11.9 (9.5–14.6)
Used chewing tobacco, snuff, or dip on school property on at least 1 day (during the 30 days before the survey)	2.6 (1.7–3.7)	3.2 (2.5–4.1)	7.0 (5.3–9.0)
Had five or more drinks of alcohol in a row within a couple of hours on at least 1 day (during the 30 days before the survey)	13.7 (11.8–16.0)	24.1 (21.7–26.8)	27.8 (25.7–29.9)
Ever took prescription drugs one or more times without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, Adderall, Ritalin, or Xanax, during their life)	11.8 (10.2–13.7)	17.2 (14.8–19.8)	23.0 (20.9–25.3)
E. Hispanic students were LESS likely than black and white students to have engaged in these health risk behaviors...			
Ever told by a doctor or nurse that they had asthma and still have asthma	12.5 (10.9–14.3)	9.0 (7.8–10.3)	10.8 (9.5–12.3)
Had less than 8 hours of sleep (on an average school night)	70.0 (67.2–72.7)	65.9 (62.5–69.1)	69.2 (67.6–70.8)
F. Hispanic students were MORE likely than black and white students to have engaged in these health risk behaviors...			
Rode with a driver who had been drinking alcohol one or more times (in a car or other vehicle during the 30 days before the survey)	30.0 (27.0–33.2)	34.2 (31.8–36.7)	26.2 (24.1–28.4)
Seriously considered attempting suicide (during the 12 months before the survey)	13.0 (11.5–14.6)	15.4 (13.9–17.0)	13.1 (12.1–14.1)

Health Risk Behaviors and Health Outcomes	Black Students (%)	Hispanic Students (%)	White Students (%)
Made a plan about how they would attempt suicide (during the 12 months before the survey)	9.8 (8.3–11.5)	12.2 (11.2–13.2)	10.3 (9.3–11.4)
Ever used any form of cocaine one or more times (for example, powder, crack, or freebase, during their life)	2.9 (2.0–4.1)	9.4 (8.0–11.0)	6.3 (5.3–7.4)
Used any form of cocaine one or more times (for example, powder, crack, or freebase, during the 30 days before the survey)	1.9 (1.2–3.1)	4.3 (3.3–5.5)	2.4 (2.1–2.9)
Ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times (during their life)	8.2 (6.7–10.1)	14.0 (12.1–16.2)	11.5 (10.1–13.1)
Ever used ecstasy use one or more times (also called “MDMA”, during their life)	5.1 (3.9–6.7)	8.2 (7.1–9.5)	6.4 (5.4–7.6)
Ever used methamphetamines one or more times (also called “speed”, “crystal”, “crank”, or “ice”, during their life)	2.7 (1.7–4.3)	5.7 (4.5–7.1)	3.7 (3.1–4.5)
Offered, sold, or given an illegal drug by someone on school property (during the 12 months before the survey)	22.2 (19.5–25.2)	31.2 (28.2–34.4)	19.8 (17.6–22.2)
Did not use a condom during last sexual intercourse (among students who were currently sexually active)	37.6 (33.2–42.1)	45.1 (42.0–48.3)	36.7 (33.9–39.6)
G. Black, Hispanic, and white students were EQUALLY likely to have engaged in these health risk behaviors...			
Rarely or never wore a seat belt (when riding in a car driven by someone else)	11.7 (9.1–14.8)	8.8 (7.5–10.3)	9.5 (7.5–12.1)
Carried a weapon on at least one day (for example, a gun, knife, or club during the 30 days before the survey)	14.4 (11.9–17.3)	17.2 (15.4–19.1)	18.6 (16.4–21.1)
Carried a weapon on school property on at least 1 day (for example, a gun, knife, or club during the 30 days before the survey)	5.3 (4.0–7.1)	5.8 (4.8–7.1)	5.6 (4.7–6.5)
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	2.5 (1.8–3.5)	2.2 (1.6–3.2)	1.6 (1.2–2.1)
Smoked cigars, cigarillos, or little cigars on at least 1 day (during the 30 days before the survey)	12.8 (10.9–15.0)	12.7 (10.9–14.7)	14.9 (13.3–16.7)
Used marijuana one or more times (during the 30 days before the survey)	22.2 (19.4–25.3)	21.6 (19.6–23.8)	20.7 (18.9–22.6)
Ever took steroid pills or shots without a doctor’s prescription one or more times (during their life)	2.8 (1.9–4.1)	3.9 (3.1–4.8)	3.1 (2.5–3.8)
Ate vegetables less than three times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)	85.7 (84.2–87.1)	86.3 (84.8–87.6)	87.2 (85.7–88.5)
Did not attend physical education classes in an average week (when they were in school)	45.6 (39.5–51.8)	39.5 (33.9–45.3)	43.6 (33.7–54.0)

¹ Data are presented only for non-Hispanic black, non-Hispanic white, and Hispanic students because the numbers of students from other racial/ethnic populations were too small for meaningful analysis.

² Based on t-test analyses, $p < 0.05$.

³ 95% confidence interval.

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